



Roasted Cauliflower & Turmeric Red Lentil Soup

This Roasted Cauliflower & Turmeric Red Lentil Soup is a warming and nourishing meal that feels light yet satisfying.

Servings: 4

Preparation Time: 50 minutes

Ingredients

For the Roasted Cauliflower

- 1 medium head of cauliflower, cut into florets
- 1 tablespoon **olive oil**
- ½ teaspoon **turmeric powder**
- ¼ teaspoon **black pepper**
- ¼ teaspoon **Himalayan pink salt**

For the Soup

- 1 tablespoon **olive oil** or **ghee** (make your own **ghee**)
- 1 teaspoon **cumin seeds**
- 1 teaspoon grated fresh gingerd
- ½ teaspoon **ground coriander**
- ½ teaspoon **turmeric powder**
- a pinch of **hing**
- ¼ teaspoon **cayenne pepper** (optional, excellent for Kapha, but can be overheating for Vata and Pitta)

Roasted Cauliflower & Turmeric Red Lentil Soup (Cont.)



Ingredients (Cont.)

- 1 cup **red lentils**, rinsed well
- 4 cups **preservative-free vegetable broth** or water
- ½ teaspoon **Himalaya pink salt** (adjust to taste)
- Juice of ½ lemon

Optional Garnish

- Fresh cilantro
- **Unsalted toasted pumpkin seeds**
- Extra squeeze of lemon

Instructions

1. Roast the cauliflower

Preheat the oven to 400°F (200°C).

Place cauliflower florets on a baking sheet. Toss with olive oil, turmeric, black pepper, and salt.

Spread in an even layer and roast for 20-25 minutes, until lightly browned and tender.

Roasted Cauliflower & Turmeric Red Lentil Soup (Cont.)



Instructions (Cont.)

2. Prepare the soup base

In a medium soup pot, warm the olive oil or ghee over medium heat.

Add the cumin seeds and cook for 30 seconds until fragrant.

Stir in the grated ginger, ground coriander, turmeric, hing, and cayenne (if using). Cook for another 30 seconds to release the aroma of the spices.

3. Cook the lentils

Add the rinsed red lentils and vegetable broth to the pot. Bring to a gentle boil, then reduce heat and simmer for 15-18 minutes, until the lentils are soft and beginning to break down.

4. Combine the soup

Add the roasted cauliflower to the soup. Simmer for 5 additional minutes so the flavors meld together.

For a smoother texture, partially blend the soup using an immersion blender. Leave some cauliflower pieces intact for texture.

Roasted Cauliflower & Turmeric Red Lentil Soup (Cont.)



Instructions (Cont.)

5. Finish and serve

Stir in lemon juice and adjust salt to taste. Ladle into bowls and garnish with cilantro, toasted pumpkin seeds, or an extra squeeze of lemon if desired. Serve warm.

Serving Suggestions

This soup works beautifully as a light lunch or a grounding evening meal. Pair it with a slice of warm sourdough or a small side of sautéed greens for a balanced and satisfying plate.

While warming, this is excellent for all types during the damp spring months.

Ayurveda reminds us that the most potent ingredient in any recipe is the love and intention of the cook. May this practice serve you well.

*With love + wishes
for balanced Agni,
Belinda*

